

## Hip and Knee Replacement Program

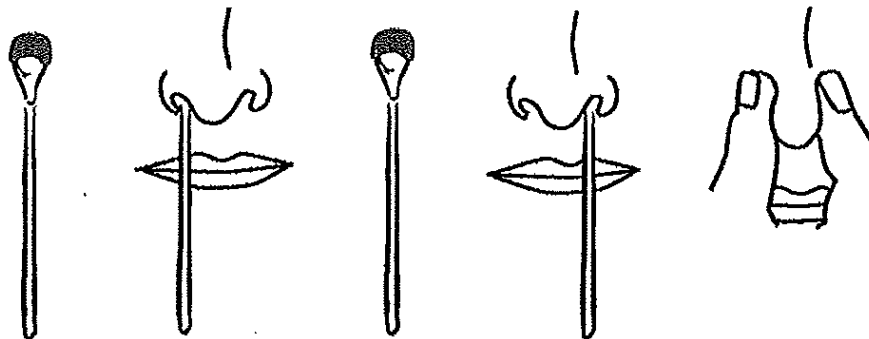
### Patient Preoperative Infection Prevention Guide

Please read and follow the below information to decrease your risk of an infection in your surgical wound. If you have any questions about the below instructions, please call our education line at 410-550-4972.

**Mupirocin Ointment-** Your surgeon has ordered this to decrease the risk of infection in your new hip or knee. A prescription for this medication has been sent to your pharmacy. Please have this prescription filled and use this ointment two times each day, in the morning and in the evening, for the 5 days immediately prior to day of your surgery.

The Mupirocin ointment is supplied in either a multi-dose single tube or in 10 individual application tubes.

- If you receive the multi-dose single tube from the pharmacy, place a small, pea size amount of the ointment on a Q-tip and put it inside the front part of each nostril. Gently press the nostrils together several times to help spread the ointment throughout the nose.
- If you receive 10 individual small tubes of the ointment, put half of the individual tube in one nostril and the other half in the other nostril. Gently press the nostrils together several times to help spread the ointment throughout the nose. (See diagram below)
- Use a new Q-tip for each dose of ointment.



**Preoperative Skin Prep-** to be done the night before your surgery and the morning of your surgery.

To make the process easier, Johns Hopkins has chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the cleansing process and should be carefully followed.

**IMPORTANT:**

- Showering is recommended prior to beginning this cleansing, please take a shower approximately 2 hours prior to using the cleansing wipes.
- Do not shave or use hair removal lotions or creams on the area of your body where surgery will be done. Shaving can increase your risk of infection. Hair removal lotions or creams can irritate the skin of your surgical site.
- After you start your skin preparation, do not apply lotions, creams, moisturizers, powder, or make-up of any kind at or near the site of surgery.

**Directions:**

When applying CHG, your skin should be completely dry and cool. When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching sensation and/or redness. If you have itching or redness at the site, rinse the affected areas and stop using the cloths.

**The Night Before Surgery:**

1. Open 3 packages of the cloths. There are 2 cloths per package. Do not microwave the package prior to use.
2. Use one cloth on your neck, chest and abdomen, one cloth for your arms, one cloth for your right leg, one cloth for your left leg, one cloth for your back and one cloth for the surgical site. See below diagram.
3. To use the cloth, wipe the area with the cloth in the same way you would wipe with a wash cloth.

4. Wipe the surgical site last. You should wipe this area for about 3 minutes making sure the entire area is wet.
5. Allow the area to air dry for one minute. Do not rinse off. It is normal for the skin to have a temporary “tacky” feel for several minutes after the antiseptic solution has been applied.
6. Avoid contact with your eyes, ears, mouth, and genitals.
7. DO NOT apply any powders, deodorants, creams or lotions. Put on clean clothing

**The Morning of Surgery:**

- Do not bathe or shower on the morning of surgery
- Repeat steps 1-7 above

